



The Douglas College Sports Institute, in conjunction with Physical Education British Columbia (PE-BC) and BC School Sports are proud to present:



2014 QDPE Pro-D Conference

**28TH ANNUAL ELEMENTARY AND SECONDARY SCHOOL
TEACHERS' CONFERENCE
(NOT JUST FOR PHYS-ED TEACHERS AND COACHES!!)**

FRIDAY, OCTOBER 24TH, 2014
DOUGLAS COLLEGE ■ 700 ROYAL AVENUE ■ NEW WESTMINSTER

**<http://www.douglascollege.ca/programs-courses/continuing-education/sports-institute>
(for 2014 QDPE Conference information, as well as all your
NCCP coaching and BCRPA fitness certification requirements)**

Welcome to our 28th Annual Pro-D Conference!

Friday ▪ October 24th 2014 ▪ Douglas College ▪ 700 Royal Avenue ▪ New Westminster

It is time to recharge – and to have fun learning new skills that offer your students exciting alternatives in physical education, and health and wellness.

Douglas College's 28th annual Physical Education Professional Development Conference offers you and your colleagues over 40 workshops of dynamic learning activities that can be applied at both the elementary and secondary level.

Please note that some of these workshops run ALL-DAY. Some of the sessions are offered away from Douglas College, [so check all details before registering and travelling to your session](#). Please pass on the information to all your colleagues and try to arrange for a group to attend a session as this is not just a PE teachers' conference, it is a teachers' conference.

SCHEDULE

Please note the following are ALL-DAY sessions. Do not register for any other workshops if registering for an all-day session. See course descriptions for venue addresses and times. Please go directly to the site.

ALL-DAY SESSIONS

- CRN 31342 Golf: Teaching the Teachers ([Check in at Birdie and Buckets, 5228 King George Highway, SURREY](#))
- CRN 31343 Get on the Mats: A Day to Learn Wrestling ([Check in Pinetree Community Centre, COQUITLAM](#))
- CRN 31344 Bump, Set, Spike: A Day of Volleyball ([Check in Pinetree Community Centre, COQUITLAM](#))
- CRN 31345 Teacher First Aid & CPR ([Check in at Pinetree Community Centre, COQUITLAM](#))

See course descriptions for room locations. If directed, please go directly to the site for your first session.

SESSION #1 8:30am-10:00am

- CRN 31305 Movement and Yoga Breaks (Action Schools! BC)
- CRN 31306 Technology in Athletics & Physical Education (Ken Zelez)
- CRN 31307 Intramural Leadership (John Byl)
- CRN 31308 Enacting Change in Physical Education (Steve McGinley/George Kanavos)
- CRN 31309 Massage Therapy (Dennis Caouette)
- CRN 31310 Team Netball: A great opportunity for your PE class (Amonda Francis)
- CRN 31311 Team Warmup Activities (Rosalin Hanna)
- CRN 31312 Steve Nash Youth League Basketball Book of Games (David Helm)
- CRN 31313 Athletic & Core Conditioning (Donna Hutchinson)
- CRN 31314 Table Tennis: Build it and they will come! (David Gatiss)
- CRN 31315 Developing a Circuit Style Workout with little or no Equipment (Jake Elder)
- CRN 31316 Athletic Taping for Return to Activity (Kathryn Duff)

10:15am - 10:45am Keynote Speaker ([MAIN GYMNASIUM](#))

SESSION #2 11:00AM-12:30PM

- CRN 31317 What is Physically Educated? (Art Uhl)
- CRN 31318 How to Implement Social Media into your Athletic & PE Classes (Ken Zelez)
- CRN 31319 You Don't Need a Wall to bring Sport Climbing to your school (Jamie Doyle)
- CRN 31320 Basketball Officiating (Bill Denney)
- CRN 31321 The Attitude Effect (Donna Hutchinson)
- CRN 31322 Sport Education Model: Creating the Team Atmosphere within your PE Class

	(Joanna Shepherd)
CRN 31323	Gymnastics for Schools Program - Kids Can Move (Gymnastics BC)
CRN 31324	Full Length Games to Keep the Most Kids Active (David Helm)
CRN 31325	Fundamental Movement Skill Development with a Circuits & Stations Approach (Action Schools! BC)
CRN 31326	Net/Wall Games (John Byl)
CRN 31327	Playground Fitness & Making the Most of your Schoolyard Space (Mike Burnside)
CRN 31328	Get Plugged into your muscles with Fitness Assessments (Ryan Cook)

12:30pm – 1:00pm Bag Lunch (included)

SESSION #3 1:00PM - 2:30PM

CRN 31329	Fitness Assessment for a New Century (Art Uhl)
CRN 31330	Increasing Participation & Rejuvenating your Athletics program (Ken Zelez)
CRN 31331	See how much fun you can have at your school with Ultimate Frisbee (Mike Fleury)
CRN 31332	Student Leadership Best Practices Roundtable Discussion (Erin Biddlecombe)
CRN 31333	Geocaching – Teaching & Learning with Technology in PE (Joel Gibson)
CRN 31334	Yoga Roots: The Discovery of Wellness through Yoga (Caroline Chretien)
CRN 31335	Teaching Games for Understanding – with a little more feeling (Joanna Sheppard)
CRN 31336	Keeping Children Active with Mini Games (David Helm)
CRN 31337	Enhancing Learning through Physical Activity (Actions Schools! BC)
CRN 31338	No Equipment, No Problem (Brian Justin)
CRN 31339	Benchwarmer to All-Star: Progressions to Introduce Weight Training (Ryan Cook)

ALL DAY WORKSHOPS!!!

BUMP, SET, SPIKE: A DAY OF VOLLEYBALL

PLEASE NOTE: This is an ALL-DAY WORKSHOP

Report directly to Pinetree Community Centre Gym, 1260 Pinetree Way, Coquitlam.

It is approximately 15km or a 20-minute drive from Douglas College, New Westminster.

Instructor: Volleyball BC

This full day workshop will be split into two parts. The morning will feature an introduction to Atomic Volleyball, and how to integrate into your school program, and the afternoon will feature a variety of skills and drills for players & teams of all ages. Atomic Volleyball is geared to youth looking for an instruction combined with an opportunity to practice their skills in game situations. Perfect for the classroom, the sessions will be co-ed and targeted towards the skill level of the majority of participants. Beginners can look forward to basic skill instruction, while more advanced players will have an opportunity to focus on developing positive habits. Teachers will learn how run individual sessions, and teach basic volleyball skills. Previous volleyball experience is not required. The Atomic Manual will provide all of the information needed to teach young athletes basic volleyball skills. Each skill is broken down into separate sessions with Key Points and Common Errors listed. Accompanying drills for each session are also provided. The afternoon session will focus on skills and drills to becoming a better volleyball player, and improving in all areas of the game. In addition to team play, skills will include: setting, hitting, blocking, serving and digging. Whether you are coaching Volleyball next season, or looking for something fun for your PE class, then this workshop is for you.

GET ON THE MATS – A DAY TO LEARN WRESTLING

PLEASE NOTE: This is an ALL-DAY WORKSHOP

Report directly to Pinetree Community Centre, 1260 Pinetree Way, Coquitlam – Wrestling Room.

It is approximately 15km or a 20-minute drive from Douglas College, New Westminster.

Instructors: Gord Sturrock, Douglas College Sports Science Faculty

This full day Wrestling workshop will include three 1.5 hour sessions:

Wrestling warm-ups and ground techniques – Dynamic warm-ups that introduce safe tumbling and break-falling techniques, as well as offensive and defensive techniques and strategies will be introduced.

Standing techniques – This session will focus on introducing the basics of a proper wrestling stance and defense from the standing position. Offensive takedowns such as single and double leg will be introduced.

Wrestling Games and Drills - This session will focus on fun drills and games that re-enforce the skills covered in the first two sessions. Games such as British Bulldog, Human Knot, and Medicine Ball Grab will be introduced.

Quotes from Others:

“Very practical and applicable activities. Well developed, and clear concise instruction were helpful. I am excited to teach wrestling now!”

“Enjoyed hands on combative games, incorporating things we can take right into the classroom.”

“Learned many great games and activities to use in my PE class.”

GOLF: TEACHING THE TEACHERS

PLEASE NOTE: This is an ALL-DAY WORKSHOP

Report directly to Birdies and Buckets Family Golf Centre, 5228 King George Highway, Surrey.

Instructor: Birdies & Buckets, CPGA Pros

This 6-hour seminar program will consist of three rotational-based instructional stations in which you will learn the fundamentals of the swing and, more importantly, how to teach them. These areas include: Full swing basics, short game techniques, video analysis of the golf swing using A-Star system, equipment, course management and club selection, rules, etiquette and scoring. The morning will be broken down into three 55-minute stations with two qualified golf pros. Lunch will be served at noon and the afternoon session will involve a mini tournament on our nine hole Links Style pitch and putt course. The day will conclude with a fun SKILLS COMPETITION.

Report directly to Birdies and Buckets Family Golf Centre, 5228 King George Highway, Surrey.

Phone 604-592-9188 for directions for a 9am start. Dress appropriately and bring your own clubs, if possible. Lunch included.

TEACHER FIRST AID & CPR (Instructor Workshop for Teachers)

PLEASE NOTE: This is an ALL-DAY WORKSHOP

Report directly to Pinetree Community Centre Gym, 1260 Pinetree Way, Coquitlam.

It is approximately 15km or a 20-minute drive from Douglas College, New Westminster.

Instructor: Karen Bracey, St John's Ambulance, Schools Training Coordinator

This instructor trainer workshop will give teachers the training to use St. John Ambulance materials to instruct Emergency First Aid, Lifesave for Schools, and CPR to their students. Teachers will learn everything from casualty management, choking, CPR, wound care, poisons, burns and heat and cold injuries. Each teacher will receive a 3-year certification as well as training materials (DVD, power point, instructor guide and lesson plans). Materials will be supplied but participants will need to bring a 2" binder and a highlighter. This is a full day course and teachers are required to be there for the full 6-hours to get their certification, which is good for 3 years. Workshop will start promptly at 8:30am

SESSION #1 (8:30am – 10:00am)

ATHLETIC and CORE CONDITIONING

Instructor: Donna Hutchinson, On the Edge Fitness Educators

This intermediate and advanced level class works on building your speed, agility and quickness for organized or recreational sporting activities. It's a tough circuit style workout with a heavy emphasis on

core training. If you want to toughen up your core and build some speed then get ready to join Donna Hutchinson for a fun and creative workout.

Quotes from Others:

“Exceeded my expectations. I learned 5 new exercises with techniques for teaching. I was hoping for 1 or 2.”

“There were several key points that I learned that will help when planning my next PE course.”

“Loved the exercises and correction of posture. Enjoyed the workout. Wish we could do more!”

ATHLETIC TAPING for RETURN to ACTIVITY

Instructor: Kathryn Duff, Faculty, Douglas College Sports Science

This class covers guidelines of when and how to apply athletic tape to a previously injured athlete returning to activity. This workshop will cover many of the taping techniques and safety considerations when taping, as well as the procedures for injury prevention and aiding in the healing process. This workshop is ideal for any teacher or coach working with a sports team or intramural club.

Quotes from Others:

“I feel much more confident in taping ankles, and other body parts after leaving this workshop.”

“Informative & interactive workshop where we got to try the various taping techniques.”

“Very practical application. Instructor used vocab that was understandable and professional.”

DEVELOPING a CIRCUIT STYLE WORKOUT with little to NO EQUIPMENT

Instructor: Jake Elder, Douglas College Strength & Conditioning Coach

The big question these days is how to we ensure our students are getting daily physical activity each day when we have a) very little equipment, b) minimal time availability and c) limited space to utilize. The solution is a simple one: Calisthenics and Circuit training – using the individuals own body. This 90-minute session will provide you with the tools and understanding about how to set up and deliver high quality exercise sessions to your students with limited space, limited time and limited equipment. Douglas College Strength & Conditioning Coach Jake Elder will breakdown the theory of Circuit Training and the keys for delivering a successful class. You will learn how to effectively progress your class over several weeks, exercise selection principles, and tips to motivate your class to maximize their potential.

ENACTING CHANGE in PHYSICAL EDUCATION

Instructor: Steve McGinley and George Kanavos

(NEW WORKSHOP)

This presentation explores enacting change in a Physical Education (PE) department and the successful implementation of curriculum and pedagogical innovations (CPIs). The focus examines how to initiate effective pedagogical change using curriculum and pedagogical innovations such as: Teaching Games for Understanding (TGfU); Sport Education (Sport Ed.); Physical Literacy (PL); Personal and Social Responsibility (PSR); Movement Education (ME); and, Inventing Games (IG). The educational significance includes assistance with the successful implementation of PE innovations for the 21st Century. The cultural transformation cultivates an environment that will embrace innovations. This presentation will answer the question; what are the experiences of secondary PE teachers enacting curricular and pedagogical change in a secondary PE department? Nine thematic sections are explored; these include: knowing, learning and teaching; TGfU, physical literacy and physical education; pedagogical change in physical education; physical education culture and curriculum innovation; technology as a change agent; physical education department cultural change; phenomenology as methodology; and movement. A safe and interactive environment created the cultural change that cultivated the positive effects. Collaborative teacher inquiry was the methodology used in this investigation of the experiences of teachers. Physical Literacy was the influence that brought the teacher participants on board and motivated the participants as they strongly believed in the lifelong benefits. The setting for enacting change was in a secondary PE department. George and Steve are co-researchers, along with five other teacher participants. Our study has provided us with an understanding of how teachers can successfully implement CPIs in a secondary PE department. The findings have been categorized into five

major themes: curricular and pedagogical innovations; cultural change; leadership and support; relationships and collaboration, and barriers to implementing change. Our presentation aims to provide a starting point for future research, debate, and reflection on encouraging cultural changes that make PE departments relevant in the 21st century.

INTRAMURAL LEADERSHIP

Instructor: John Byl, President of CIRA Ontario **(NEW WORKSHOP)**

This workshop will give teachers a variety of intramural games and programs that emphasize different leadership characteristics, such as respect, teamwork, trust and communication. This will be excellent for both primary and secondary school teachers, who are looking to new ideas to engage their PE class, and/or their general school population. For a free 57-page download of this workshop, go to:

<http://assets.ngin.com/attachments/document/0054/7014/highschoolresource.pdf>

MASSAGE THERAPY: An Introduction for teachers & coaches

Instructor: Dennis Caouette, RMT

Massage Therapy for sport has become a great addition to teams and athletes to maintain their optimal athletic performance. This workshop will cover an introduction to massage therapy including: a brief history, benefits and contraindication of massage, demonstrations of pre/post event massage therapy and general application for techniques (hand position & muscle flow). Manual techniques will be provided so you can assist the athlete. There will also be a brief component on stretching and hydrotherapy – both being great assets to athletic recovery and performance. Light clothing is recommended.

Quotes from Others:

“Great knowledge of injuries to mechanisms. Very useful and beneficial.”

“Excellent workshop with hand on techniques. Would have liked more specific sports related suggestions, but still a very good overview.”

MOVEMENT and YOGA BREAKS

Instructors: Action Schools! BC **(ACTION SCHOOLS! BC)**

This session will share ideas for integrating short movement breaks into classroom time while expanding your physical education repertoire. Movement breaks can serve to energize, calm, improve focus, and activate the body. Yoga will be highlighted and participants will learn techniques such as games, visualization and storytelling. Complimentary teaching resources from Action Schools! BC will be shared including the new DPA Pages! Handout titled Yoga Connections - Aboriginal Wellness Perspectives

STEVE NASH YOUTH LEAGUE BASKETBALL BOOK of GAMES

Instructor: David Helm, PE Games.org **(NEW WORKSHOP)**

PE Games.org is thrilled to be partnering with **Canada Basketball** to produce the first-ever *Games Book* for the *Steve Nash Youth Basketball Program*. Our dedication to keeping the most kids active for the most amount of time possible is the cornerstone of what we do in each and every one of our games. The objective for this book is to provide coaches with a resource that will supplement their practices by providing them with games that consistently keep kids smiling while they move and play with purpose. This session is split into four sections: *Fundamental Movement Games*, *Dribbling Games*, *Passing Games* and *Shooting Games*, and will guarantee a fresh, fun and fast-paced basketball practice for all players.

TABLE TENNIS: Build it and they will come!

Instructor: David Gatiss

Table Tennis, an Olympic sport since 1988, is great for developing hand-eye coordination and confidence. Come and learn a combination of techniques, fun games, and table tennis ice breakers, to bring out the best in your students. All you need at your school is a couple paddles and table. No previous experience is necessary for this workshop. Instruction will be provided by David Gatiss, one of Canada's top players and instructors.

Quotes from Others:

"Great drills and instruction."

"Useful classroom activities for the high school. Need to purchase more tables."

TEAM NETBALL: A great opportunity for your PE class

Instructor: Amonda Francis **(NEW WORKSHOP)**

Are you looking for a new activity for your Physical Education class? Looking for something to keep kids active, while developing teamwork, physical conditioning and self-confidence... why not bring Netball to your PE class? Netball can be adapted in several ways to meet children's needs. Very little equipment is needed, and you will be able to keep many kids active for a great length of time. Netball is quickly becoming one of the fastest growing sports in international competition, and is a great opportunity for your PE class.

GROUP WARM-UP ACTIVITIES

Instructor: Dr. Rosalin Hanna **(BACK BY POPULAR DEMAND)**

This workshop will give the teacher/coach all the requirements for preparing the student/athlete for action and preventing injuries through dynamic warm up. A list of dynamic warm up exercises and programs will be provided for preparing for phys-ed classes and practices, whether they be weight training, field conditioning, practices. Coach Hanna is a Certified Strength and Conditioning Specialist, with Distinction, through the National Strength and Conditioning Association (NSCA). She has worked in two NCAA Division One programs, the University of Arizona and the University of Central Florida. At the University of Arizona, she was the Strength and Conditioning coach for baseball and volleyball, while assisting with football. She has more than 20 years experience as a weight trainer, with eight of those years working as a strength and conditioning coach within three university athletic programs. She has just graduated from the University of Central Florida where she completed her Doctoral degree in Curriculum and Instruction, Exercise Science. She attained her Masters degree in Human Kinetics from the University of British Columbia where she specialized in Strength and Conditioning for four years.

Quotes from Others:

"Very knowledgeable and informative instructor. Enjoyed doing the activities as well."

"Some excellent ideas for warmups as well as activities to get large groups involved."

TECHNOLOGY in ATHLETICS and PHYSICAL EDUCATION

Instructor: Ken Zelez, Director of Athletics, Strathcona-Tweedsmuir School, Okotoks, AB

(NEW WORKSHOP)

Constantly being asked to do more and needing to be more productive with your time, this workshop will explore the use of technology in schools to make your work more efficient and effective. Ken Zelez will offer many solutions and ideas to incorporate technology into your Physical Education and Athletics programs to help you both administratively, and to explore ideas to use this technology to engage others. We will be looking at different platforms and campaigns that can be used to save time and effort. Though not a pre-requisite, feel free to bring your laptop tablet or iPad to this presentation.

SESSION #2 (11:00am – 12:30pm)

BASKETBALL OFFICIATING – No more looking for refs!

Instructor: Bill Denney, BC Basketball Officials Association (BCBOA)

Are you always scrounging around to find basketball officials for your school games? This classroom session will help teach you and help you understand some of the basics of basketball officiating. Led by Bill Denney (BC Basketball Officials Association) you will go over some of the finer points that occur in primary and secondary school basketball games. Topics will include some basic rules, conduct and safety, officials rotations and movements, and teaching points in identifying foul calls. Feel a little more confident in when you have to step in with your whistle and officiate a school basketball game, and find out what you need to produce other qualified officials in your school.

Quotes from Others:

“The instructor was very knowledgeable.”

“The workshop will really help me to understand the basics of basketball officiating.”

FULL LENGTH GYM GAMES to KEEP the MOST KIDS ACTIVE for the MOST AMOUNT OF TIME POSSIBLE

Instructor: David Helm, PE Games.org

(NEW WORKSHOP)

Because a great PE period keeps all kids active for the most amount of time possible, this session will introduce a *game-based* approach to teaching Physical Education that adheres strictly to this ideology. Intended for any educator interested in having kids learn to love physical activity, each Full-Length Gym Game presented here is fun, fast, easy to set up and all-inclusive, and ensures maximum student participation by ensuring that everyone always has a role (regardless of speed, strength, stamina or ability level). These will be games that your kids will want to play again and again instead of the all-mighty dodgeball!

FUNDAMENTAL MOVEMENT SKILL DEVELOPMENT with a CIRCUITS & STATIONS APPROACH

Instructor: Action Schools! BC

(ACTION SCHOOLS! BC)

Learn and try easy to implement indoor and outdoor physical activity circuits that emphasize the development of fundamental movement skills (jumping, catching, throwing and balance, etc.) and contribute to physical literacy. Activities like skipping, dance, juggling, strength and conditioning, stretching, and sport-specific skills will be shared. Participants will qualify their school for complimentary support resources after the workshop.

GET ‘PLUGGED IN’ to YOUR MUSCLES w/ some FITNESS ASSESSMENTS

Instructor: Ryan Cook and Ken Anderson, Douglas College Sports Science

Participants will be introduced to the science and technology behind strength training including how the advent of electromyography has added in the development of modern training practices. Participants will have the opportunity to experience (on themselves) how EMG testing is done and how it is applied to weight training, personal training and fitness assessment. Find the latest techniques in Flexibility, Muscle Endurance, Speed and Power as well as Aerobic and Anaerobic fitness. So, come get “Plugged In” to your muscles and check out the results in our brand new Fitness Assessment Lab at Douglas College! This session will be coordinated by Ryan Cook and Ken Anderson, two members of the Sports Science department at Douglas College.

Quotes from Others:

“Great Fitness Assessment Lab at Douglas College. Gives me some ideas for both high-end and lost cost testing that I could implant in our school.”

“If you enjoy the Science of testing, and fitness assessments, then you will love this workshop.”

GYMNASTICS for SCHOOLS PROGRAM (KIDS CAN MOVE)

Instructor: Gymnastics BC

Kids CanMove is a school based program that is designed to help children acquire the fundamental movement skills which are the basis of all sports and physical activities. The program empowers and trains teachers, sport leaders, and coaches, to effectively and safely deliver gymnastics-based lessons. The program promotes physical literacy in children from Kindergarten to Grade 7. Our facilitator will demonstrate how the activities fit into the PE curriculum learning outcomes. The in-service is active! Participants will try the activities, increasing their understanding of the movement patterns and the learning process that the kids will experience. *Kids CanMove* provides participants with a resource of ideas for physical education classes and daily physical activity and meets the Ministry of Education, Physical Education curriculum goals and learning outcomes. *Kids CanMove* teaches the fundamental movement patterns of landings, stationary positions, locomotions, rotations, swings, springs, and object manipulation (projecting & receiving).

Quotes from Others:

“Very good to visually see the activities, movements and progressions.”

HOW TO IMPLEMENT SOCIAL MEDIA into your ATHLETICS & PHYSICAL EDUCATION CLASSES (NEW WORKSHOP)

Instructor: Ken Zelez, Director of Athletics, Strathcona-Tweedsmuir School, Okotoks, AB

The world is on-line these days. Embrace social media and make it work for you to help build your program and engage others in your PE classes and/or Athletics Department. We will look at ways of incorporating social media in a safe and effective manner in your school. We will look at some of the downfalls and the positive sides of social media. Not a pre-requisite, but feel free to bring your laptop tablet or iPad to the session.

NET/WALL GAMES

Instructor: John Byl, President of CIRA Ontario **(NEW WORKSHOP)**

This workshop will focus on games that you can use in your Physical Education classes, and/or intramural programs, sequentially building on game concepts using Net/Wall games and the TGfU approach. The session will involve active game playing, giving you a multitude of options of games, and ideas to keep many kids active in your PE classes.

PLAYGROUND FITNESS & making the most of your SCHOOLYARD SPACE (BACK BY POPULAR DEMAND)

Instructor: Mike Burnside

Using fun, fitness and (sound) fundamentals of movement, Playground Fitness is a practical way to instill short bouts of exercise in a playful and exploratory way. Using low organization games for warm-ups, transitioning to a more focused warm up using gentle active range of motions (calisthenics), the class is ready for the playground circuit. Using the equipment with a variety of movement/exercise stations planned out ahead of time, children reach each station to try suggested moves and exercises (demonstrated and then have simple drawings on hand for reference). Climbing, supporting, swinging, skipping, hopping and a host of challenging playground tasks allow for a full body —playout/ workoutll (cardio, stretching, and strengthening). This workshop will cover a safe, effective and confident approach to take your class outside to try some Playground Fitness.

SPORT EDUCATION MODEL: CREATING the TEAM ATMOSPHERE within your High School Physical Education Class

Instructor: Joanna Sheppard, University of the Fraser Valley

Do you want a new approach to teaching the “usual” formal team games found within High school Physical Education? Join Joanna Sheppard, Instructor from the University of the Fraser Valley Kinesiology and Physical Education Department as she explores Siedentop’s Sport Education Model and how to effectively use the power of sport, team and the athletic season within your Physical Education classes. Easy to use resources will be discussed throughout the workshop.

Quotes from Others:

“It is really useful to have different models in my teaching toolbox to use from this workshop.”

“Very well done. The model seems fun/involving & the roles change to meet a variety of needs.”

THE ATTITUDE EFFECT

Instructor: Donna Hutchinson, On the Edge Fitness Educators

The Attitude Effect is an influential, powerful and dominant force in your life. We all struggle from time to time with our attitudes. We all have been through stressful situations and sometimes life can really get you down. Join Donna Hutchinson as she helps you understand how your thoughts guide your emotions and how that influences your behavior. She will also help you understand the role of stress and your perception plus give you some tips on how to decrease and manage the stress in your life.

Quotes from Others:

“Outstanding motivating presentation. Great energy and humour with the instructor.”

“Gave me inspiration to take back to my class to continue with the positivity and try to bring it to my students.”

“Reminded me how to see student’s behaviours & attitudes separate from the person, to get them to see the feelings, and realize how that is affecting their behavior.”

WHAT IS PHYSICALLY EDUCATED?

Instructor: Art Uhl, Douglas College Sports Science

At age fifteen, kids graduate from PE. What exactly are the skills, knowledge and attitudes we expect a Physically Educated person to have and how do we measure whether or not they have them? Are we doing all we can to prepare and empower them for the journey ahead? Come and discover some simple tactics that can give students a fighting chance.

You Don’t Need a Wall to bring SPORT CLIMBING TO YOUR SCHOOL

Instructor: Jamie Doyle, Cowichan SS, Duncan, BC **(NEW WORKSHOP)**

Sport climbing is currently one of the fastest growing sports worldwide. Sport climbing requires strength, flexibility and endurance in addition to problem solving skills and a sense of risk, often appealing to those who do not typically enjoy PE and team sports. It is also a sport that can be readily integrated into high school athletic programming. Several schools on Vancouver Island have already established climbing teams. This past school year saw the start of a high school climbing season with two very successful competitions, one each in the disciplines of Bouldering and Top Rope. This session will outline how one school went about establishing its climbing team, offer insight into how other schools can do the same even without their own climbing wall and give a general outline of what sport climbing is and what it can do for students in your schools. The Sport Climbing Association of British Columbia (SCBC) was established in 2012 to be the Provincial Sport Organization for competition climbing in British Columbia. One of the mandates of the SCBC is to promote and support the establishment of competitive high school teams throughout the province by either utilizing established school climbing walls or partnering with private gyms utilizing their facilities and expertise.

SESSION #3 (1:00pm – 2:30pm)

BENCHWARMER to ALL-STAR: Progressions to Introduce WT

Instructor: Ryan Cook, Douglas College Sports Science Lab Technician

This workshop will take you through the age-appropriate progressions to introduce weight training techniques to your class and/or specific members of sports teams. Discover how to build long term programs, and get the most out of your individual workouts for you and your students. You will also learn to develop simple age-appropriate exercises and ideas for program development for those that you are working with.

Quotes from Others:

“Very knowledgeable & very applicable. Great workshop.”

“Great ideas on weight training progressions. I enjoyed the reminders on safety and technique.”

“Lots of adaptations that can be used for my PE class with different age groups.”

ENHANCING LEARNING through PHYSICAL ACTIVITY – with ACTION SCHOOLS! BC

Instructor: Action Schools! BC

(NEW WORKSHOP)

In this session, participants will learn about and try physical activities that can contribute to brain function and development and assist students and teachers with self-regulation. The BrainDance lesson in the Action Schools! BC Physical Activity Action Resource will be highlighted and participants will also learn to identify “brain building” and regulating movements in other physical activities including Tai Chi, juggling, yoga and dance. Complimentary teacher resources including the new Self-Regulation DPA Pages! from Action Schools! BC will be provided

FITNESS ASSESSMENT for a NEW CENTURY

Instructor: Art Uhl, Douglas College Sports Science

Youth fitness levels are in the spotlight like never before. At the same time Educational concepts like differentiation of instruction and assessment for learning are putting pressure on PE departments to institute meaningful change. “We’ve always done it this way,” will not hold up. Come and explore new ways to address youth fitness.

GEOCACHING: TEACHING & LEARNING with TECHNOLOGY (BACK BY POPULAR DEMAND)

Instructor: Joel Gibson, Andrea Jenks & Kenneth Kim

This workshop will highlight the use of technology in a Physical Education class. Geocaching involves locating a “cache” (a hidden treasure) using an electronic GPS enabled device such as a Smart Phone. The GPS device will guide you to the waypoints where the participants would have to physically look for the cache. Geocaching requires basic map reading skills and basic fitness. For the purpose of the workshop, we will provide an introduction to Geocaching. We will look at GPS enabled devices and how they work. We will then go look for a geocache that the instructors have set up.

Quotes from Others:

“Nice to do something different, integrating technology & PE.”

“It is a fun, multidisciplinary approach to learning that I would like to apply in Science and other disciplines as well. Actually going out and using the App was extremely helpful.”

“A good addition to the PE program. Informative & interactive. Very well explained & lot of fun.”

INCREASING PARTICIPATION & REJUEVENATING your athletics program (NEW WORKSHOP)

Instructor: Ken Zelez, Director of Athletics, Strathcona-Tweedsmuir School, Okotoks, AB

There seems to be a fine line between athletics & recreation programs. Are we trying to build a winner? Or are we trying to get as many students involved? Why not do both? This session will be used to look at ways at spicing up your Athletic program no matter how good it is. We will be working on strategies and techniques to increase participation as well as building a culture in your program. This will be a great place to network with fellow coaches.

KEEPING CHILDREN ACTIVE WITH MINI GAMES for the gym (NEW WORKSHOP)

Instructor: David Helm, PE Games.org

Because a great PE period keeps all kids active for the most amount of time possible, this session will introduce a *game-based* approach to teaching Physical Education that adheres strictly to this ideology. Intended for any educator interested in having kids learn to love physical activity, each Warm-Up Game presented here is fun, fast, easy to set up and all-inclusive, and ensures maximum student participation by ensuring that everyone always has a role (regardless of speed, strength, stamina or ability level).

NO EQUIPMENT, NO PROBLEM

Instructor: Brian Justin, University of the Fraser Valley **(NEW WORKSHOP)**

If your Physical Education department doesn't have much exercise equipment and you want some ideas to train your students and athletes, then come out to this workshop! Join strength coach Brian Justin as he takes you through workout progressions to develop strength, stamina, agility, and promote physical literacy. There will be games, drills, thrills and maybe even some shills! All with cheap or no equipment!!

ULTIMATE FRISBEE

Instructors from BC Ultimate and Vancouver Ultimate

This workshop will be an introduction to the game of Ultimate, including an overview plus hands-on activities. The class will start with a dialogue about the history, rules, and current state of ultimate in BC, followed by an active warm up and basic instruction and drills about skills and strategy. Weather permitting, the class will enjoy a short game of Ultimate. Each participant will receive a handbook with a curriculum for a unit of ultimate, teaching resources and links.

STUDENT LEADERSHIP - Best Practices Roundtable Discussion (NEW WORKSHOP)

Facilitated by Erin Biddlecombe, MEd (Manager, Student Engagement, Campus Life at Douglas College)
Are you looking (or have you tried) to develop student leaders at your school, through Student Leadership, Student Engagement, and Team Building. This session will give participants the space to discuss student leadership practices. Participants will come away with new ideas for Student Leadership Development and strategies to create a Student Leadership group from scratch at their respective schools. Participants should come prepared to share about both successes and challenges to implementing leadership programming.

TEACHING GAMES for UNDERSTANDING: With a Little More Feeling

Instructor: Joanna Sheppard, University of the Fraser Valley

Are you interested in using different teaching methods within your physical education classes? By the end of this workshop, elementary teachers will gain an understanding of how to implement the Teaching Games for Understanding Curriculum model within their classes with specific focus on the cognitive and

affective domains of our students. Join Joanna Sheppard, Instructor from the University of the Fraser Valley Kinesiology and Physical Education Department as she explores the use of effective and reflective questioning within our physical education classes. Easy to use resources will be discussed throughout the workshop.

Quotes from Others:

“Great small group discussions. Enjoyed playing the games to understand how to teach them.”

“Liked the idea of letting the kids play, then working on skills without doing endless drills.”

YOGA ROOTS – THE DISCOVERY of WELLNESS through YOGA

Instructor: Caroline Chretien & Innerlight Wellness

The growing challenges of everyday life today make it increasingly more difficult for youth to maintain a healthy relationship with themselves physically, mentally and emotionally. In this workshop, gain insight about the many benefits of Yoga and how regular practice in our physical education programs and in the classroom in general, can positively impact today's youth. From basic physical poses to breathing and relaxation techniques Learn how to bring Yoga into a class setting and be an inspirational teacher!

Quotes from Others:

“The session reinforced that Yoga is useful, and included some great poses.”

“I enjoyed doing/trying the progressions as well as talking and sharing with others.”

“Great handouts and course material. The mini-flows are great to know.”

REGISTRATION FORM - 2014 - Professional and Personal Development 28th Annual Pro D Conference

(in conjunction with Physical Education British Columbia (PE-BC) and BC School Sports)

Check-in desk will be open at 7:45am on Friday, October 25th
Douglas College, 700 Royal Avenue, New Westminster – Main Concourse
Check workshop descriptions for venue location and go directly to site listed for your first session!

QDPE Conference

QDPE Conference (includes one-year PE-BC Membership)	\$120 plus GST = \$126.00	CRN 31301
QDPE Conference for non-BCTF members	\$150 plus GST = \$157.50	CRN 31302
QDPE Conference for College/University students and/or Student/Teachers	\$ 50 plus GST = \$ 52.50	CRN 31303

PLEASE NOTE:

Pre-registration ONLY. Payment MUST accompany registration. **You will not be registered if payment does not accompany registration. Deadline for registration is Friday, October 17th, 2014**
(Confirmed numbers needed to order refreshments and determine workshop availability).

HOW TO REGISTER:

1. Fax your registration (with your Visa/MasterCard info) to the Douglas College Registrars Office at 604-527-5696. (Receipt will then be sent to you in the mail)
2. Call the Registration Office (during regular office hours 9:00am – 4:00pm) at 604-527-5472 with your registration and credit card payment info, along with your three workshop choices.
3. Email registration (AND PAYMENT INFO) to fisherli@douglascollege.ca
4. Make cheques payable to Douglas College and forward along with registration form to:
Douglas College – Continuing Education Registration
Room 2700
700 Royal Avenue
New Westminster, BC V3L 5B2
5. Register in person with the Douglas College Registrars Office, Room 2700, New West Campus.

PLEASE NOTE:

Parking—Underground at Douglas College (approximately \$1 per hour)
or two hour meter parking on the street (which can be difficult after 8:30am)
For more information call Lisa Fisher (604-527-5492) or David Munro (604-527-5041)

Benefits of PE-BC Membership include:

- a) Members will have access to an online journal and also receive a newsletter three times per year
- b) Professional Development – annual PE Conferences held every year where your colleagues gather from across BC for new & informative sessions
- c) Funding – grants are available to members to host professional development activities
- d) Promotion – PE-BC is your voice for Physical Education in BC
- e) Networking – consisting of physical education specialists, coordinators and consultants
- f) PE-BC is dedicated to promoting quality physical education and your support helps us achieve this goal

Registration Form - QDPE Pro-D Teachers Conference

PLEASE PRINT and complete fully in case we have to contact you.

ALL FIELDS REQUIRED for PSA Conferences.

Name: _____

Phone (home): _____ Phone (work): _____

Address (home): _____

City: _____ Postal Code: _____

Email: _____

School: _____ School District#: _____

Date of Birth: (dd/mm/yyyy) – required for registration _____

I wish to register for the following **ALL-DAY** workshops:

ALL-Day Workshop CRN# (1st Choice) _____ 2nd Choice _____

If registering for an all day workshop, do not register for any other sessions.

	1st choice	2nd choice
Session 1 (8:30am-10:00am)	CRN # _____	CRN # _____

Keynote Speaker & Conference Welcome (10:15am – 10:45am)

Session 2 (11:00am-12:30pm)	CRN # _____	CRN # _____
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Session 3 (1:00pm-2:30pm)	CRN # _____	CRN # _____
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You will only be phoned if your first and second choices are full.

CRN 31301	\$126.00	QDPE Conference Only (includes GST & one-year PE-BC Membership)
CRN 31302	\$157.50	Conference plus one-year PE-BC Membership for Non-BCTF Members
CRN 31303	\$ 52.50	Student Teachers/University Students (Student# required) (includes GST)

Total amount of payment \$ _____

Paid by:

☐ Cheque

☐ VISA or ☐ MasterCard #: _____ Expiry date: _____

Fax completed registration form to 604-527-5696